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Your essential daily news | WEDNESDAY, DECEMBER 7, 2016

High -4°C/Low -10°C Snow showers

Justin L'Arrivee, a Cree and Métis graphic designer, used a \$5,000 grant from Neighbourhoods Alive to get his project off the ground last year. LYLE STAFFORD/METRO



REVIVAL AT RISK

**With funding on hold,
leaders fear for future
of community renewal
programs** **metroNEWS**

Police chief: We're sorry

HOMICIDE CASE

Apology issued for remark on Angela Marie Poorman



**Braeden
Jones**
Metro | Winnipeg

Danny Smyth hasn't been chief for long, but he's already made a formal apology on behalf of the Winnipeg Police Service regarding an "insensitive" handling of an indigenous homicide case.

At a Winnipeg Police Board meeting Tuesday, Ka Ni Kanichihk director Leslie Spillett raised concerns surrounding comments made by police about Angela Marie Poorman, who was stabbed to death in December 2014.

Last week, officers announced charges had been laid but also included details on Poorman having encountered her accused killer while working in the sex trade.

Various media outlets reported a spokesman explaining, "Their encounter on this one particular morning was essentially an agreement for sexual ser-

vices for cash."

Spillett told the police board those details "had nothing to do with (Poorman's) murder" and only reinforced negative stereotypes.

"It hurts the family," she said. "But it also hurts everybody; it's an image we get stuck in our heads about who we are."

"This is almost 2017. Now we really have to shake that narrative of how we see indigenous people and indigenous women."

Smyth said he was aware of the comments before Tuesday's police board meeting and called Spillett's comments "fair."

"I acknowledge (the comments) and offer an apology to the Poorman family and the indigenous community," Smyth said.

"All I can say is we are trying to make steps to be really careful with our language when we describe those kinds of things."

He explained how referring to victims as "exploited persons" and those coming to exploit as "predators" is one way police try to choose their words carefully, noting "a shift has begun."

**Federal government announces
indigenous languages act, page 6**



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**FIND SPECIAL
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ON PAGE 7!**

Police on board with service's 2017 budget

CITY HALL

No talk from police chief on layoffs or service cuts



Braeden Jones
Metro | Winnipeg

Despite causing quite the hubbub at city hall last year, the police budget is far less of a divisive issue this time around.

After a brief introduction at Tuesday's police board meeting from finance chairman Derek Johannson, the proposed 2017 police budget was unanimously pushed along without debate.

In fact, next year's proposed \$288-million spending cap, and its accompanying 1.3 per cent increase over 2016, is satisfactory to the board chairman and police chief alike.

Chairman Coun. Jeff Browaty



Police Chief Danny Smyth BRAEDEN JONES/METRO

said the board "believes that they (Winnipeg Police) can provide the quality service that Winnipeggers expect based on the budget" as presented on Tuesday.

Similarly, new police Chief Danny Smyth, said "right now — with the way we've set the budget — we're good for (2017), we're not looking at any reductions in service."

This is in stark contrast to last March's budget session when former chief Devon Clunis pushed for a larger increase in order to avoid layoffs and subsequent drops in service, which he said would happen since staff pay eats up the majority of the department's cash.

But Maurice Sabourin, president of the Winnipeg

Police Association — who also opposed last year's budget — said "crime and police services do not reflect inflation rates."

Sabourin said given the steady increases in calls for service "this budget is not going to meet the demands."

Smyth acknowledged there is some risk of budget overruns, but it's mostly associated with things outside of management control like fuel prices, or new demands being introduced like the recent string of overdoses.

But even then, he doubts the call-for-service queue would be affected dramatically, noting staffing "flexibility."

Moving specialized officers to general patrol duties is one way to manage the queue, he explained.

"We'll soldier on and hopefully our projections are accurate," Smyth said, adding a significant cut could result in service drop, "but for the '17 budget we're not seeing that."

FENTANYL CRISIS

Officers training to deal with overdoses

Winnipeg police are adapting to the demands of the city's fentanyl crisis by giving more officers specialized training.

Normally, eight to 12 officers who split time between drug-testing duties and other police units staff the service's clandestine lab.

On Tuesday, police Chief Danny Smyth told the police board the service is expanding the clandestine lab to deal with the increased workload associated with fentanyl.

"The biggest thing that we want to ensure is that we have the resources to properly respond," he said.

"Our concern would be we just don't have enough trained people."

He said the clandestine lab has been deployed "more frequently in the last several months" because of fentanyl-related calls.

"They range from something as innocuous as a traffic stop to something that involves a house with a full-on search war-

rant," he said, noting some take the full complement of existing clandestine lab members.

"We'll make sure that we have enough people trained so that we're not going to put them at risk of fatigue or overuse," he said.

Officers now wear two sets of gloves and breathing masks to protect themselves on fentanyl calls, and have moved to using nasal-spray antidotes exclusively as winter clothes make injecting life-saving drugs more

difficult to administer.

Smyth noted further fentanyl response strategies will be included in the service's business plan and

may have mid-year budget implications in 2017.

"As we pull people in to deal with the events like fentanyl, we run the risk of impacting other areas of the service," he said. "Where it would probably show itself would be in overtime ... that will be something we watch closely."

BRAEDEN JONES/METRO

"We're not going to put them at risk of fatigue or overuse."

Danny Smyth

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It's here

Environment Canada is calling for more snow and wind in Winnipeg on Wednesday. Metro's **Braeden Jones** and photographer **Lyle Stafford** braved Tuesday's storm to grab some shots of Winnipeggers battling the elements during the first major snowfall of the season.



LYLE STAFFORD

Hoods up

A pedestrian finds their way in downtown Winnipeg Tuesday afternoon as winds gusted between 50 to 70 km/h, kicking-up almost 30 cm of freshly fallen snow.



BRAEDEN JONES/METRO

The forever bus

A number of Winnipeg Transit buses got stuck throughout the day, waiting for the roads to be plowed, leaving riders stuck out in the blowing cold. The city said residents in need of ambulances or other emergency care also faced delays due to the road conditions.



LYLE STAFFORD

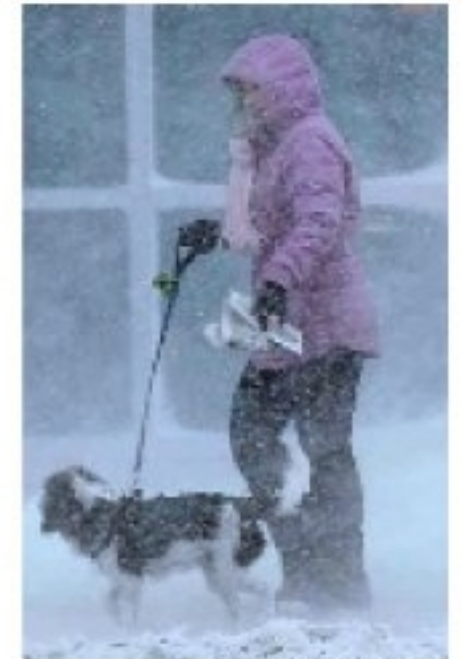
Dig, dig, dig, repeat Winnipeggers got to seriously flex their snow-shovelling muscles during Tuesday's storm. Environment Canada says there's more coming on Wednesday, so make sure to conserve your energy.



Cash plow

The city says this week's snow-clearing operations could cost anywhere from \$750,000 to \$6 million. Crews have been working around the clock since Tuesday at 2:30 a.m. A city spokesperson said upwards of 40 spreader trucks, 80 truck plows, 80 loaders and 13 sidewalk plows were involved in the clean-up.

BRAEDEN JONES/METRO



LYLE STAFFORD

Cold dogs

The city's animal services agency urged pet owners to keep their four-legged friends inside during the storm. Some pooches still got a walk, albeit a snowy one.



LYLE STAFFORD

Cool guys

Nothing says winter in Winnipeg likes some dudes strolling outside in T-shirts.

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Province pauses grants

FUNDING

Two community renewal programs in financial limbo



Jessica Botelho-Urbanski
For Metro|Winnipeg

The provincial government's rationale behind pausing two neighbourhood renewal programs — Community Places and Neighbourhoods Alive! — is causing concern among some community builders.

Justin L'Arrivee, a Cree and Métis graphic designer from Peguis First Nation, used a \$5,000 grant from Neighbourhoods Alive to get his project, DIY For Change, off the ground last year.

His program teaches indigenous inner-city youth about graphic design and printmaking.

"I was just noticing throughout my career that there's barely any indigenous people in tech industries at all. I'm always getting asked to do graphic design



Graphic designer Justin L'Arrivee says his project wouldn't have been able to launch without seed funding from the provincial program Neighbourhoods Alive. LYLE STAFFORD/FOR METRO

jobs and it's been a really fulfilling and meaningful career for me. But I have to turn away so many jobs because I'm too busy," he said. "There are too many opportunities for indigenous graphic designers and not enough people and it really kind of bothered me."

Though he now receives grants from the Winnipeg Foundation, L'Arrivee said DIY For Change wouldn't have been able to launch without seed funding from the provincial program.

Indigenous and Municipal Relations Minister Eileen Clarke was unavailable for an interview

Wednesday, but said in an email statement the government is currently reviewing the programs "in order to reduce red tape, enable better civic planning, and provide a measurable return on investment."

Clarke wouldn't say how long the review would take.

NDP MLA Rob Altemeyer, who previously sat on the cabinet committee responsible for Neighbourhoods Alive, said he's worried the pause of the program is putting dozens of community groups in financial limbo.

No new applications have been accepted since March 1.

Neighbourhoods Alive previously received about \$5.2 million from the province in 2014-15, while Community Places received about \$3.5 million, according to the party.

The former program, started in 2000, has about 146 projects on the go, focusing on sectors like education, recreation, employment, crime prevention and housing.

Projects already underway aren't being affected by the pause for fiscal review, said the province.

"I hope that saner heads will prevail and they will realize it was a mistake to pause this program, but I guess we'll probably find out in their budget in the spring for sure whether they're still committed to neighbourhood renewal or not," Altemeyer said on Thursday.

MARIJUANA

Premier wants bill delayed

The federal government should postpone legislation to legalize marijuana, planned for the spring, because there are still too many details to work out, says Manitoba Premier Brian Pallister.

"We've done a fair bit of preparatory work here and research, and the more we do, the more we unlock complexities that need to be addressed that are not minor things," Pallister told reporters Tuesday. "I know at least some of the other first ministers have these concerns as well."

Pallister said he will speak with other premiers and Prime Minister Justin Trudeau about the issue at a first ministers conference Friday in Ottawa.

A spokesperson for Alberta Premier Rachel Notley said the NDP government will be reviewing the federal legislation once it's available.

"We trust that the federal government won't move on this file before a substantial risk assessment has been done and consideration has been given to issues arising, including those raised by Premier Pallister," Cheryl Oates said in an emailed statement. THE CANADIAN PRESS

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Global report card 'limited': Teachers

EDUCATION

Group critical of test ranking students near bottom of peers

Michelle Bailey
For Metro | Winnipeg

A two-hour computer test that examines how 15-year-olds across the world perform in subjects such as science, math and reading shows Manitoba students are not doing as well as their peers.

It's known as the Programme for International Student Assessment (PISA), and is conducted by member countries of the Organization for Economic Cooperation and Development (OECD).

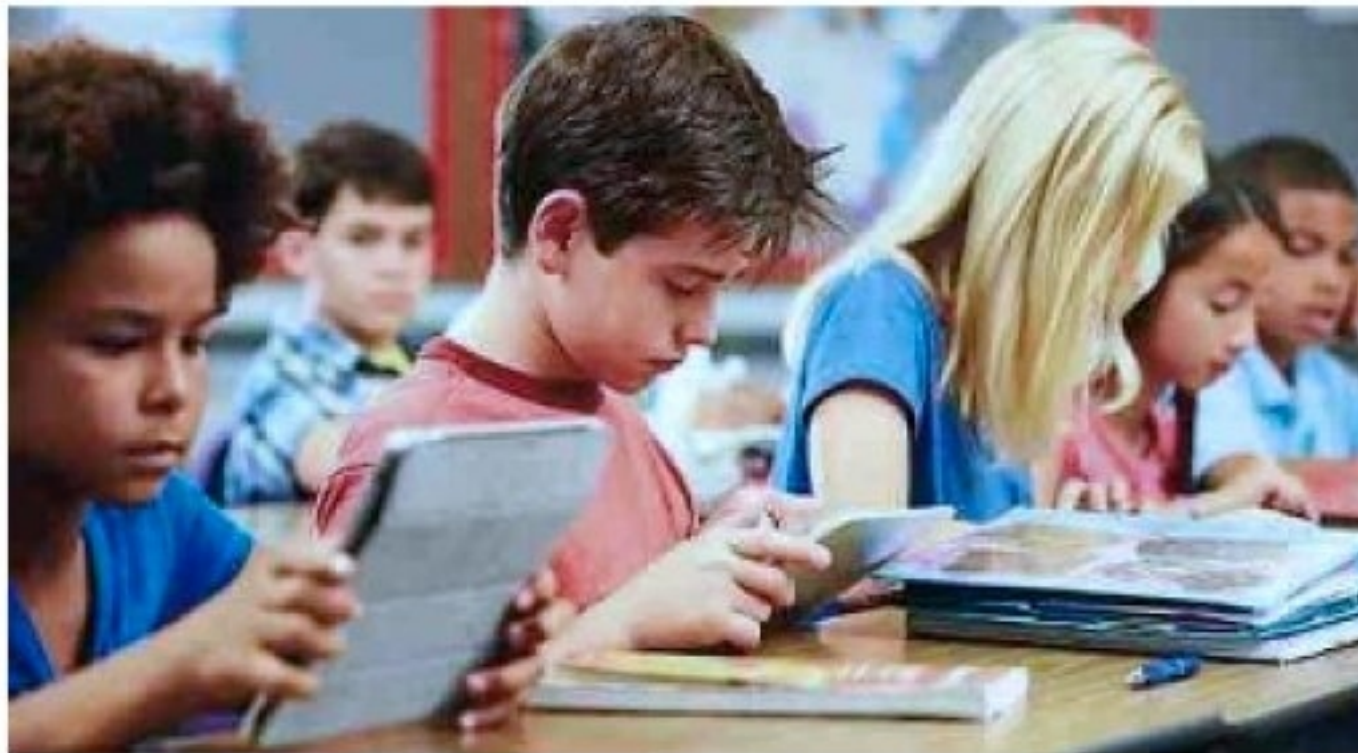
The test, which is conducted every three years, was administered during regular school hours in 2015.

Results showed Canada as a whole performed well against other countries but Manitoba ranked near the bottom.

According to the 2015 assessment, Manitoba's results are second last in the country in both science and reading. It ranks our province third last in math.

Manitoba's Education and Training Minister Ian Wishart said he wasn't "surprised by the results."

"The PISA is one indicator and we want to learn from the measures that are currently available



An exam by the Programme for International Student Assessment indicates Manitoba students rank low in science, math and reading among international youth. Manitoba Teacher's Society President Norm Gould says the two-hour computer test the report is based on is missing context and does not factor in social conditions like poverty. THINKSTOCK

to us," said Wishart.

"We have initiated a process with school divisions to provide better data collection and analysis that will help inform instruction and appropriate supports for students in their division."

The Manitoba Teacher's Society President, Norm Gould, said "we find the PISA results interesting, but limited in what they tell us. They don't give us local information on context, resources or student knowledge of the Manitoba curriculum."

Both Gould and Wishart agree poverty rates among children also need to be taken into con-

sideration. Wishart said the government will work with teachers to focus on early years literacy and numeracy.

Gould said the best measure of how students are doing is by asking those on the front lines, namely their teachers.

"Manitoba's teachers are some of the most highly trained in the country and use a variety of assessment and evaluation techniques every day in classrooms all across the province. We should be asking ourselves why we are participating in international tests and what benefits we get from it."

+ STATISTICS

The report is available online at www.oecd.org/pisa/

Just over 500,000 students across 72 countries or cities, including approximately 20,000 Canadians, participated in the PISA.

Manitoba students' performance has gone down in every PISA testing year since 2006.

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TRAGICALLY HIP

Indigenous leaders pay tribute to ailing Gord Downie

A frail-looking Gord Downie wept openly, wiping tears from his eyes, as indigenous leaders paid tribute to the ailing Tragically Hip frontman Tuesday for his efforts in forcing Canada to confront the legacy of residential schools.

Prime Minister Justin Trudeau stood nearby and watched as Downie, who has been diagnosed with a rare and incurable form of brain cancer, was honoured in a ceremony during the Assembly of First Nations special assembly in Gatineau, Que.

Trudeau, who has long championed a new relationship with Aboriginal Peoples, was there to unveil plans for an Indigenous Languages Act in hopes of preserving and revitalizing First Nations, Métis and Inuit languages in Canada.

Downie's Secret Path solo project honours 12-year-old Chanie Wenjack, who died in 1966 after running away from a residen-



AFN Chief Perry Bellegarde is embraced by Tragically Hip frontman Gord Downie after a ceremony honouring Downie in Gatineau, Que., Tuesday. THE CANADIAN PRESS

tial school near Kenora, Ont. Proceeds from the album and graphic novel are being donated to the National Centre for Truth and Reconciliation at the University of Manitoba.

During a solemn and touching ceremony, Downie was given an eagle feather and swaddled in a star blanket, and also showered in indigenous gifts such as moccasins and blankets. He was anointed the "Man Who Walks Among the Stars."

In brief remarks, a visibly moved Downie acknowledged Canada's 150th anniversary celebrations next year, expressing the hope that the next 150 years will be better for all indigenous Canadians.

"It will take 150 years, or seven generations, to heal the wound of the residential school, to become a country that can truly call ourselves Canada. It means we must become one," Downie said. THE CANADIAN PRESS

Trudeau introduces the Indigenous Languages Act

Prime Minister Justin Trudeau says the government will introduce an Indigenous Languages Act.

Trudeau made the announcement during a special assembly of First Nations leaders.

The act was co-developed with indigenous people and has the goal of preserving, protecting and revitalizing First Nations, Métis, and Inuit languages.

Trudeau says Canadians are working in unison to correct historical wrongs and to deal with the intergenerational trauma of indigenous people.

Trudeau remains under pressure from indigenous leaders to address the level of funding of child welfare services on reserves in the wake of a ruling from the Canadian Human Rights Tribunal.

THE CANADIAN PRESS

Edmonton police arrest hate crime suspect



Kevin Maimann
Metro|Edmonton

Edmonton police have arrested a man suspected of committing a hate crime at an LRT station.

On Nov. 8, a man allegedly approached two young women wearing hijabs, fashioned a noose in a rope he took from his pocket and said it was

meant for them. Investigators said the man then sang O Canada in front of the women, who were waiting at the University of Alberta LRT station.

A hate crime charge is possible.

Many questioned why police reported the incident nearly a month later, but the University of Alberta contacted police about the incident weeks later, according to a spokesman.

Tory leadership hopeful posts #LockHerUp tweet



Colin McNeil
Metro|Toronto

Hours before the Conservative Party of Canada's second leadership debate on Tuesday, one PC hopeful found himself in hot water for a post on social media.

Brad Trost, a Saskatoon MP, tweeted "Wanted to be there w my friend @calxandr supporting Albertans would've chanted w them #cpcldr #LockHerUp."

Trost was referring to "lock her up" chants heard at a rally attended by Chris Alexander, another Tory leadership candidate. The "her" was Alberta premier Rachel Notley.

Some were quick to point out Trost's comments come on Canada's National Day of Remembrance and Action on Violence Against Women, marking the anniversary of the 1989 murders of 14 young women at l'École Polytechnique de Montréal.

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Social media targets terror propaganda

TECHNOLOGY

Platforms increasingly a tool for recruitment

Facebook, Microsoft, Twitter and YouTube are joining forces to more quickly identify the worst terrorist propaganda and prevent it from spreading online.

The new program announced Monday would create a database of unique digital "fingerprints" to help automatically identify videos or images the companies could remove.

The move by the technology companies, which is expected to begin in early 2017, aims to assuage government concerns over social media content that is seen as increasingly driving terrorist recruitment and radicalization, while also balancing free-speech issues.

Technical details were being worked out, but Microsoft pioneered similar technology to detect, report and remove child pornography through such a database in 2009.

Social media has increasingly become a tool for recruiting and radicalization by Daesh and others. Its use by terror groups and supporters has added to the threat from so-called lone-wolf attacks and decreased the time from "flash to bang" — or radicalization to violence — with little or no time for law enforcement to follow evidentiary trails before an attack.

Under the new partnership, the companies promised to share among themselves "the most extreme and egregious terrorist images and videos we have removed from our services — content most likely to violate all our respective companies' content policies," according to a joint announcement Monday evening.

THE ASSOCIATED PRESS



MIDDLE EAST SYRIAN GIRL TWEETING FROM ALEPPO FLEES HER HOME

Young Syrian girl Bana al-Abed, who with the help of her mother had been posting heartrending tweets in English on life in the besieged eastern districts of Aleppo, uses a smart-phone to check her Twitter account in her home in east Aleppo, on Oct. 12, 2016.

The seven-year-old, whose Twitter account gained international attention, has fled her home amid heavy fighting, but she and her family are safe for now, her father said Tuesday. AFP/GETTY IMAGES

GLOBAL DIGEST

CALIFORNIA Death toll remains 36 in Oakland warehouse fire

As crews searched the Oakland warehouse for more bodies, the founder

of the arts collective stood near the gutted building Tuesday morning and said he was "incredibly sorry" and that everything he did was to bring people together.

The death toll remains at 36, with officials saying that no additional bodies were recovered. THE ASSOCIATED PRESS

NORTH DAKOTA Pipeline protesters weather storm

Some protesters who have been fighting the Dakota Access pipeline retreated to a nearby casino and area shelters overnight as a blizzard blew through, but many remained at a camp in southern North

Dakota, according to protest organizers who say they're committed to maintaining the camp through the winter.

The storm brought more than half a foot of snow, wind gusts exceeding 50 mph and temperatures that felt as cold as 15 degrees below zero.

THE ASSOCIATED PRESS



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JESSICA ALLEN ON FAKE NEWS IN LIBERAL LAND



I had assumed that 'post-truth' wasn't for people who watch art films and read the Guardian. I was wrong.

Like most liberals, I had assumed that "post-truth" was a phenomenon confined to American conservative news organizations and the dot-org universe of people who still cannot fathom why the third tower fell — something for people who believed that an unscrupulous billionaire could be a champion of the poor. Post-truth wasn't for people who watch art films and read the Guardian.

I was wrong.

On Saturday afternoon, while Simon and I drove home after buying a Christmas tree, I checked Twitter.

"Whoa," I said, "apparently that woman from Last Tango in Paris..."

"Maria Schneider."

"Yes. Apparently Bertolucci and Brando didn't tell her about the butter scene. People are saying she was actually raped on camera. Was she?"

That scene, in which a stick of butter is used as lubricant before Marlon Brando's character sodomizes Schneider's, was one of many in the controversial 1972 film that led to international protests and a

ban in Italy. It also helped earn Academy Award nominations for Bernardo Bertolucci, the director, and Brando, while Schneider, who struggled with the unexpected media attention, battled drug addiction and depression.

The link I clicked on came from Elle. The headline read: "Bertolucci Admits He Conspired to Shoot a Non-Consensual Rape Scene in 'Last Tango in Paris,'" which is just as confusing as the headline from Yahoo UK, whose story Elle aggregated. Yahoo's reportage hinged on a 2013 video, released this November, in which Bertolucci expresses guilt over how he and Brando came up with the scene the morning before shooting. They decided not to tell Schneider, who was 19 years old, "because I wanted her reaction as a girl, not as an actress," he said. "I wanted her to react humiliated."

And she was: "I felt humiliated and, to be honest, I felt a little raped, both by Marlon and by Bertolucci," Schneider herself told the Daily Mail in a 2007 interview. Yahoo ref-

erenced this line as well as Schneider's clarification that "even though what Marlon was doing wasn't real, I was crying real tears."

Elle omitted the latter detail, but they did include a content warning at the top of their story ("This article contains disturbing stories of rape and assault.") Hence what happened next: social media mayhem. Those who read Elle's story, or just the headline, concluded that Schneider had actually been raped on camera. Jessica Chastain tweeted, "To all the people that love this film- you're watching a 19yr old get raped by a 48yr old man. The director planned her attack. I feel sick." It's been retweeted 16,000 times. And those who attempted to correct the narrative were labelled rape apologists.

On Sunday, the Guardian published a piece by Melissa Silverstein. "This was rape where she was penetrated by a stick of butter," she wrote. "They actually took a prop and forced it inside her."

On Monday, after New York-based journalist Mark

Harris tweeted a link to a piece from The Wrap that set the record straight, he noted that Schneider "took pains to explain that it was an acted scene to prevent this exact misinterpretation."

What Bertolucci actually did was abusive and horrible. More horrible than Dustin Hoffman taunting Meryl Streep about the recent death of her partner John Cazale in order to fire her up before shooting an intense scene in Kramer vs. Kramer. More horrible than Alfred Hitchcock throwing ravens, doves and pigeons for five days at Tippi Hedren during filming of The Birds. So why muddle the facts?

On Monday, Bertolucci issued a statement: "I would like, for the last time, to clear up a ridiculous misunderstanding." He says "Maria knew everything because she had read the script, where it was all described. The only novelty was the idea of the butter."

Objective facts, those things somberly invoked by the people at the New York Times (who failed to fathom Trump) and the Guardian (who in their smug certainty missed Brexit), have been assailed by a media culture that treats tweets as news and by a public comfortable getting news from Chris Evans, who tweeted that Bertolucci and Brando "should both be in jail." (Does he know that Brando was granted immunity the day he died?)

Some years before Twitter, Yeats wrote: Things fall apart; the centre cannot hold; / mere anarchy is loosed upon the world."

Mental health is a key part of far-right story



Vicky Mochama
Metro

While the ideologies of Islamist terrorists groups and white supremacists are worth deconstructing, part of their rise can also be explained by how they prey on loneliness, depression and isolation. In men, especially, our failure to address mental health can have dangerous effects.

Research by Beyond Blue, an Australian mental health organization, found that 25 per cent of men felt they don't have anyone outside of their immediate family to talk to; 41 per cent reported having one or two to talk to.

Jesse Hayman, director men's health promotions at Movember, told me, "If the first time a man is speaking about a mental health situation is with their doctor, then we've done something wrong." Experts find that social connectedness is not something men value. Cultural maxims on what "real men" do (and don't do, e.g., cry) then reinforce male isolation.

Isolated in the three-dimensional world, vulnerable men are finding digital spaces ready to exploit that vulnerability. The new vogue for ultra-right-wing conservatism mixed is the latest evolution of the Internet's "manosphere." This space comprises oft-overlapping Internet groups like men's-rights activists, pick-up artists, Gamergate's misogynists and Reddit's Red Pill.

After the election of Trump, analyst Siyanda Mohutsiwa tweeted: "If people followed the alt-right groups on Reddit, they would know that young white Americans were told to hide their support of Trump."

The so-called alternative right aren't the only ones to insist followers keep a strict, potentially alienating divide between their public and political lives. As part of its recruiting plan, Daesh — commonly called ISIS — encourages recruits to live parallel lives. Most of the group's recruits are young and male. The group advises converts from the West to keep their new identities quiet lest they be suspected of radicalization.

Online predators and cults use this method of asking others to be silent in their deceit. Still, this is little comfort for friends and family who suddenly find a man in their life is espousing hateful views.

Extremist groups offer a sense of belonging, community and purpose that belies their regressive and violent philosophies. It's an especially alluring offer for men who suffer silently with mental health issues. And when it comes to male mental health, we have a fuzzy picture. We know, for example, that men commit 80 per cent of suicides but that their reported rates of depression do not correlate.

Predatory groups with violent ideologies are stepping in to fill this gap. With better diagnosis and treatment, we could pre-empt the troubling and isolating behaviours that, as we're seeing, precede violent behaviours.



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Dispelling myths about protein

HEALTH

We can only metabolize so much per meal: dietician

Genna Buck
Metro



In the diet battles of the past few years, fat, sugar and carbohydrates have all taken hits to their reputations. Only protein came out looking like a champion.

Protein is hailed in fitness magazines and websites for its ability to help you stay lean, feel full and build muscle.

And that's all true. But the benefits don't continue going up the more protein you eat, says Ottawa dietician Helene Charlebois.

Despite what body builders and fad dieters knocking back protein-loaded shakes might tell you, "The newest research, from the University of Texas, shows we can't metabolize more than about 20 or 30 grams of protein per (meal)," Charlebois said.

And the rest? "Anything you eat in overabundance changes to fat and gets stored."

The marketplace hasn't got the message: According to research firm Euromonitor International, protein bars and powders take up a large and growing share of the "sports nutrition" category. Sales of such products in Canada were forecast by Euromonitor to grow by approximately \$53 million to \$311

million between 2013 and 2018.

Demand has also spiked for packaged foods with added protein and trendy plant-based proteins like pea and hemp. Euromonitor says. But, "Consumer awareness of recommended intake could pose a long-term threat" to growth.

Translation: People could realize they don't actually need hundreds of grams of protein a day.

According to Health Canada, close to 100 per cent of Canadian adults manage to get the minimum protein they need, which is defined as the recommended dietary allowance of 0.8 grams of protein per kilogram of body weight.

For a 150-pound person, that's at least 54 grams per day; more if you're very active, pregnant or nursing.

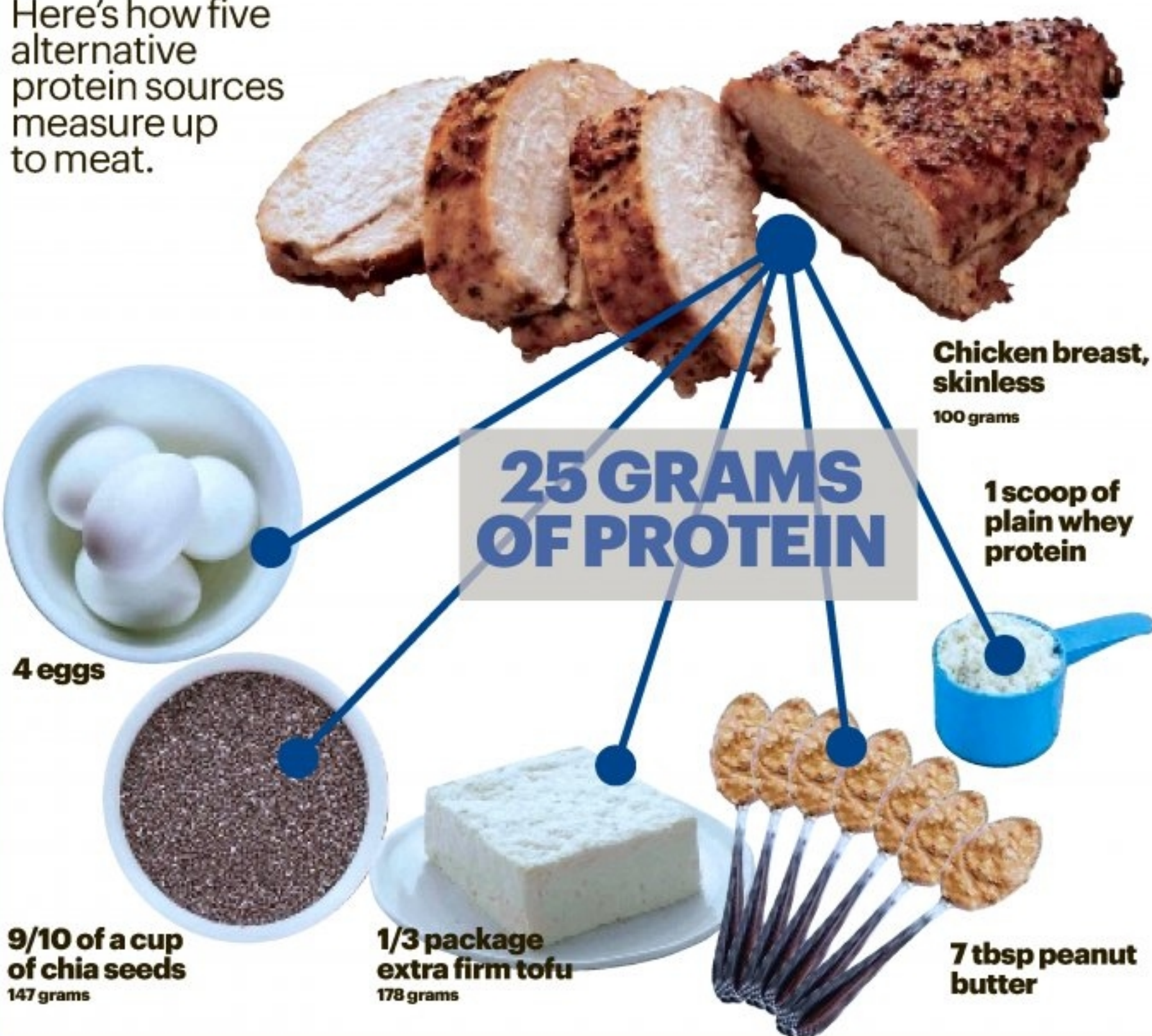
Go much beyond that, and all that protein powder is just an expensive drink.

Charlebois has a few tricks for making the most of your protein intake:

- Spread out high-protein foods throughout the day to maximize what you absorb.
- The amino acid leucine, abundant in dairy products, is the best for building muscle.
- Don't try to stick to a low-calorie diet that is high in carbs and low in protein, because it leaves you constantly craving that dopamine hit that comes with a sugar high.

• Never forget the "bridging" snack: 5 to 10 grams of protein in the afternoon. Peanut butter and crackers, or a boiled egg will do the trick, "so you don't rip the fridge door off at supper."

Here's how five alternative protein sources measure up to meat.



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Nutella-stuffed cookies

HOLIDAY BAKING

Satisfy any sweet tooth with this easy recipe

There's nothing wrong with the easy three-ingredient cookie recipe on the Kraft label, but how about we step it up by creating a gooey Nutella filling? Adapted from Handle The Heat blog, these large cookies will satisfy any sweet tooth.

Nutella-stuffed Peanut Butter Cookies
Make about 20 cookies

Cookie tip: When making cookies with surprise centres (be it Nutella or jam), chill the filling beforehand so it doesn't ooze into the dough and make a mess.

Ingredients:

- 1-379 g jar of Nutella
- 1 cup (250 mL) room temperature unsalted butter
- 1 cup (250 mL) granulated sugar
- 1 cup (250 mL) packed brown sugar
- 1 cup (250 mL) creamy peanut butter
- 2 large eggs
- 2 tsp (10 mL) vanilla extract
- 1 tsp (5 mL) baking powder
- 2 tsp (10 mL) hot water
- 1/2 tsp (2 mL) salt
- 3 cups (750 mL) all-purpose flour



These Nutella-stuffed peanut butter cookies are sure to satisfy your sweet tooth this holiday season. TORSTAR NEWS SERVICE

Directions:

1. Place jar of Nutella in freezer.
2. In a stand mixer with a paddle attachment on medium speed, cream butter, sugars and peanut butter until smooth and fluffy. Add eggs and vanilla. Continue to mix until smooth and fluffy.
3. In a small bowl, dissolve baking powder in hot water. Add mixture to batter. Add salt. Continue to mix until well-incorporated.
4. Reduce mixing speed to low. Add flour slowly and

mix until just combined.

5. Scoop 2 tablespoon-sized dough balls on a lined baking sheet. Cover loosely with plastic wrap and refrigerate for 30 minutes.
6. Prepare two baking sheets lined with parchment paper or silicone baking mats.
7. Remove dough from fridge and flatten to about 1-cm thickness with back of flat spatula.
8. Remove Nutella from freezer. Scoop 1 teaspoon of chilled Nutella and place in

centre of a flattened dough ball. Form dough around Nutella, creating a ball and sealing Nutella in centre. Flatten again with back of spatula to about 1-cm thickness. Using back of fork. Repeat with remaining dough.

9. Transfer cookies to baking sheet. Bake at 350F (175C) for 20 to 25 minutes or until the edges begin to turn golden-brown. Remove from oven and let rest for 5 minutes before transferring to wire rack to cool completely. Store in an airtight container for up to a week for freeze for up to a month.



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ANIMAL HEALTH

Medical marijuana is going to the dogs

Genna Buck
Metro



Thanks to easy access at the dispensaries popping up on every street corner, city-dwellers across Canada are turning to marijuana to soothe their creaky old bones.

And if it works for you, why not for an elderly or ailing pet?

Tamara Hirsh, owner of Pacifico, stocks Apawthecary brand marijuana-infused dog treats and tinctures at her dispensaries in Toronto and Hamilton, Ont.

She claims there are no side effects.

"You can really take any dose," she said. "We recommend you start low and go slow."

"It works a lot like it does in people," for seizures, pain and arthritis, Hirsh said. "It's instant relief. We can barely keep it on the shelf."

Half a dropper of the tincture contains 120 mg of cannabidiol, or CBD, one of the major active compounds in marijuana. That's roughly the same dose a human using the drug for insomnia or epilepsy would take.

The doggie products don't have THC, the chemical responsible for

marijuana's high. CBD is not



+ WARNING

If you're going on anecdotes and Internet testimonials that marijuana is great for pooches' pain and other complaints, think again. Experts don't recommend it.

mind-altering, and some studies have shown it helps ease anxiety, seizures and nausea.

CBD also has fewer side effects than THC, but they're poorly understood. And like most medications, it's toxic in high doses. Animal studies suggest the danger zone is anything above 30 mg of CBD per kilogram of body weight.

But we don't know — and that's the problem, explained Dr. Kathleen Alcock, a veterinarian at the Downtown Animal Hospital in Toronto.

Alcock has a longstanding

interest in pain medicine and is looking into how she could be able to dispense medical marijuana to pets. However, the College of Veterinarians of Ontario does not currently allow it.

She was also firm about feeding Fido products from a dispensary: Don't do it.

"This is not a do-no-harm thing," she said. "It certainly shouldn't be sold over the counter."

Alcock said she sees about one case of marijuana poisoning per month. Cats and dogs are "exquisitely sensitive" to cannabis, and she said they get twitchy and "sedated to the point of respiratory failure" after getting into their human's stash. Even one cookie or one joint can cause serious problems.

It's not clear what chemical — CBD, THC, or something else — is causing these effects, Alcock added: "The answer is, we don't know. The studies haven't been done."

PHOTO ILLUSTRATION BY ANDRES PLANA/METRO



Can't stop the beat with Hairspray Live! telecast

EQUALITY

Musical boasts strong themes 'that can be really healing'

In the steadily escalating battle of the TV musicals, NBC's *Hairspray Live!* is the most ambitious contender yet.

It's got a deep bench of stars, including Kristin Chenoweth, Jennifer Hudson, Ariana Grande and Martin Short. It boasts strong themes of racial equality, tolerance and self-acceptance. And it has the outsized, joyful talents of Harvey Fierstein as writer and actor, reprising his Tony Award-winning role as Edna Turnblad.

Executive producer Neil Meron also counts the TV musical's timing as a bonus, calling it impeccable despite its 1960s setting and roots in John Waters' 1988 film and, more directly, in the 2002-09 Broadway musical with Fierstein.

"People already were excited about it, but after the election they were saying, 'Boy, do we need this now,'" Meron said recently on a Universal Studios set as the cast rehearsed *I Can Hear the Bells* for tonight's telecast (8-11 p.m. EST).

With the country in a "divisive place," he said, viewers are eager for entertainment "that can be really healing."

Hairspray Live! is set in 1962 Baltimore, where *The Corny Collins Show* is TV's hot dance program and the focus of teen Tracy Turnblad's dreams. When she's chosen to perform and gains in-



From left, Maddie Baillio as Tracy Turnblad, Jennifer Hudson as Motormouth Maybelle, Harvey Fierstein as Edna Turnblad during a rehearsal for *Hairspray Live!*, airing tonight. HANDOUT

stant celebrity, the plus-sized dynamo uses it to fight the show's whites-only rule.

Tracy is played by Maddie Baillio, 20, of League City, Texas, a college student plucked from more than 1,300 hopefuls in an open-casting call for her first professional role. Short plays husband to Fierstein's supportive wife and mother.

The cast includes Derek Hough as Collins; Grande as Tracy's pal Penny; Hudson as record-store owner Motormouth Maybelle; Ephraim Sykes as her son, Sea-weed; Chenoweth and Dove Cameron as mean mom-daughter duo Velma and Amber Von Tussle, and Garrett Clayton as Link, Tracy's squeeze. Two former *Hairspray* Tracys, Ricki Lake (the movie) and Marissa Jaret Wino-

kur (the play), are set for cameo appearances.

Among the catchy songs sure to rattle around in viewers' brains for days: *Good Morning Baltimore* and *You Can't Stop the Beat*.

The production is big (55 cast members, 600 costumes, 18 sets) and sprawling, designed to shift between the confines of two Universal Studios soundstages and a variety of backlot locations. It's also got an element of risk, following other recent musicals that aired live to ramp up the excitement factor (and keep viewers tuning into broadcast networks and commercials).

The TV musical competition is both intra- and intermural: The bar for *Hairspray Live!* was set at varying heights by NBC's

Sound of Music, *Peter Pan* and *The Wiz* broadcasts. The *Wiz* aired live in 2015, as did this year's *Grease* on competitor Fox, and *Hairspray* plucked its pair of directors, Kenny Leon and Alex Rudzinski, from those respective telecasts. Jerry Mitchell, who choreographed the Broadway musical, also is aboard.

The *Hairspray* producers have "certainly upped the ante," said Hough. "The people who are part of this, including some who worked on *Grease* as well, they want to try to top themselves."

Exactly, said Meron, who is producing *Hairspray Live!* with Craig Zadan. The partners also produced the 2007 movie version of the stage musical, with Nikki Blonsky as Tracy and John Travolta as Edna. THE ASSOCIATED PRESS



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You don't know Jack!

Why Jack Nicholson will live forever

Few actors have ignited every decade of their career with reinvention and award-winning performances like Jack Nicholson. From his humble beginning in Roger Corman movies in the '60s to his 12 Oscar nominations across five decades, Nicholson has always found a new way to connect with audiences.

Although he started his career as a writer in the 1960s, Nicholson's big acting break came at the end of the decade when Dennis Hopper brought him on as a last-minute replacement for Rip Torn in 1969's *Easy Rider*. After his electric performance netted him a Best Supporting Actor Oscar nomination, there was no turning back.

In the 1970s, Nicholson crafted some of the decade's most iconic roles. *Five Easy Pieces*, *The Last Detail* and *Chinatown* were instant cinema classics, but it was his work in 1976's *One Flew Over the Cuckoo's Nest* that finally won him a Best Actor Oscar. The role packed an extra punch as Nicholson, an icon of '60s rebellion, was torn apart by the repressive forces of the '70s.

Though Nicholson started the '80s displaying his terrifying intensity in movies like *The Shining* and *The Postman Always Rings Twice*, it was his lighter side that connected as he entered middle age. The levity he added to *Terms of Endearment* earned him his second Oscar, and he continued to channel his manic comedic energy into roles throughout the decade in films like *The Witches of Eastwick*, *Broadcast News* and *Batman*.

By the '90s, Nicholson was a master of his craft, switching from intense roles like Col. Nathan Jessup in *A Few Good Men* to his Oscar-winning comedic performance of the wounded Melvin Udall in *As Good As It Gets*. Nicholson continued to prove his versatility in the 2000s, getting laughs in *Something's Gotta Give*, while still terrifying audiences in Martin Scorsese's *The Departed*.

Rediscover Jack Nicholson's biggest hits and critically acclaimed performances. The Hollywood Suite free preview is on now until Jan. 5! Enjoy the best movies of the '70s, '80s, '90s and 2000s uncut and commercial-free on four HDTV channels and On Demand, available on most TV providers.

Catch a Jack Nicholson double bill of *The Witches of Eastwick* and *The Postman Always Rings Twice* tonight on Hollywood Suite, and tune in during the free preview for more Nicholson classics including *Five Easy Pieces* (1970), *The Shining* (1980), *A Few Good Men* (1993) and *Something's Gotta Give* (2003). Learn more at hollywoodsuite.ca/freepreview.

HOLLYWOODSUITE



JOHANNA SCHNELLER WHAT I'M WATCHING

The appeal of royal lavishness

THE SHOW: *The Crown*, S1, E5 (Netflix)
THE MOMENT: The Ballet Scene

In their elegant rooms, Queen Elizabeth (Claire Foy) and Prince Philip (Matt Smith) are dressing for a formal evening out. She asks him to be chairman of her coronation committee. "I want to make a public declaration of my trust in you," she says.

He's reluctant; he doesn't want to appear unmanly. "There's no need to matronize me," he replies.

The conversation continues in a limousine. "What would it entail?" Philip asks.

"You'd inspire everyone,"



Claire Foy and Matt Smith as Queen Elizabeth and Prince Philip in *The Crown*. HANDOUT

Elizabeth says. "Lead them." The limo pulls up at a theatre. Throngs crowd the limo, taking photos.

Inside the theatre, a full audience in luxe evening attire watches a ballerina dance on stage. Philip and Elizabeth converse in their box. "Total control or nothing at all," he says. "Those are my terms."

"All right," Elizabeth responds. "But don't go mad."

Talk about going mad! This moment, a domestic power negotiation, could have played out over, I don't know, a breakfast table. Instead, it's split into three scenes, each more fabulously expensive than the last. It's one thing to spring for a

crowd of extras in overcoats to surround a limo. But to dress an entire audience in finery, and have a tutu-clad ballerina performing on stage — as backdrop for two lines of dialog? It's pure lavishness. But it's not a waste, because it serves a function: Whether we're consciously aware of it or not, it adds to our understanding of the luxurious lives of the leads.

You wonder why TV is so great these days? Here's your answer: Money.

Johanna Schneller is a media connoisseur who zeroes in on pop-culture moments. She appears Monday through Thursday.

HOLIDAY GIFT CARDS

Gift cards are trending, but which ones should you buy

Once considered unthoughtful, gift cards are now high in demand among Canadians, with more than half hoping to find one under their tree Christmas morning, according to a survey by CardHub, a website that allows consumers to buy and sell gift cards.

Gift givers are expected to spend an average of \$173 on plastic, but, Gonzales warns, not all gift cards are created equal in the eyes of receivers.

The season's most popular cards

CardHub released its projections for the season's most popular gift cards. Among them are Visa, Amazon and American Express. The reason? People are looking for cards that allow them

flexibility with their purchases, explains Gonzales. "You can get so many things [with a Visa gift card] than say a Sephora gift card that's only for makeup or an Ikea gift card that's only for furniture." Other cards in the Top 10 included Walmart, Starbucks and Google Play.

Online tops the list

With online shopping growing in popularity, Gonzales says receivers are also looking for gift cards they can use without leaving their house. Cards for online retailers like Amazon, iTunes and eBay also topped the popularity chart, coming in second, fourth and ninth place respectively.



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Don't let the season stress you out: give the gift of spa

Trying to find the perfect gift can make the holiday season a stressful time, but you can relax right along with everyone on your list with help from Live Right Massage & Facial Spa in Winnipeg.

This Christmas the spa is offering its Live Right Signature package — which includes a 15-minute Aromatherapy Steam, a 60-minute Signature Facial, a 60-minute Signature Massage, and a travel size Dermalogica product — for just \$125 plus taxes.

The package is available in pre-wrapped and pre-loaded gift boxes, making it the easiest gift to buy this season, says Live Right president and owner, Daryn Chernick.

"It's very affordable, there's nowhere else in the city where you can get over two hours of spa time for \$125," says Chernick. "And because it takes care of both the body and the face you're giving the gift of a full rejuvenation."

Chernick says all the services included in the package are worth \$160 if bought separately.

"It's a great package and we've got a really nice clean, new spa," he says of the facility that opened at 1-1190 Taylor Ave. in



CONTRIBUTED

2014 offering Swedish, deep tissue, sports, pre and post natal therapies, and specialized treatments from experienced registered massage therapists. "People generally really love it here and the package makes a great gift." For more information about Live Right Massage & Facial Spa and their Live Right Signature package go to liverightmassage.com or call 204-284-LIVE (5483).

FOR THE GAMER ON YOUR LIST

For over a decade, PNP Games has been Winnipeg's top location for video gamers. And with three convenient locations – not to mention gift cards available in any denomination – it's never been easier to cross that gamer off your holiday gift list. PNP Games is locally owned and operated, with elite-quality service that can help you find the perfect gift.

"It's all about knowing what customers want and providing it to them," says PNP owner Jade Pearce. "It sounds simple, but it can be tricky to do on a regular basis. We have great staff and a decade's worth of experience in the industry to help you find the perfect solution."

Whether you're looking for that hot new release, hard to find classic, or to build your



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retro game library, retail supervisor Lee Skwarek guarantees the staff can help you find what you need.

"Customer service is the key to our

success," Skwarek added. "Our staff is approachable, knowledgeable, and able to provide vital information on consoles and games — both contemporary and retro."

"And, of course, a gift card is always the perfect choice, no matter what genre of game or what system you're playing on."

PNP Games also offers disc media re-surfacing, dead cartridge battery replacements, and the ability to special order in any requested item. It also boasts Manitoba's largest selection of classic games, including those designed for systems such as the original Nintendo, Super Nintendo, Nintendo 64, PlayStation, Genesis, Xbox and more.

The store buys, sells, and trades games, accessories and consoles for nearly every system. PNP Games also carries the latest releases and consoles including PlayStation 4, Xbox One, and soon the Nintendo Switch. Software titles, and accessories, along with hard-to-find items like branded toys and collectibles are also stocked.

"The gift of entertainment is one that's always appreciated whether it's for someone who's seven or forty-seven years old," Skwarek said. "If you're not sure what you want or need, we encourage people to come into our retail locations and talk to our friendly and knowledgeable staff."

"From gift cards to retro games to the newest titles and systems, it's easy to check off everyone on your list at PNP Games."

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CONTRIBUTED PHOTOS

GARDEN CITY SHOPPING IS GETTING A MAKE-OVER

Winnipeg's Garden City Shopping, originally built in the 1970s, has started a revitalization project that includes a new food court, new lounge areas, and improvements throughout the mall to modernize its look and feel.

"We'll be changing all of the tiles, expanding the bathrooms, renovating the food court and adding comfort seating all around the mall," explains Olga Pogrebinskaia, Marketing Coordinator with RioCan Real Estate Investment Trust which has owned the mall with Bayfield Realty Advisors Inc. since 2009. "We are revitalizing the space and giving it an overall freshening up."

The project got started November and is expected to be completed in the spring of 2018. Work will primarily happen at night and will not disrupt operations. The centre

will be adding recycling bins and installing energy-efficient lighting throughout the building to reduce its energy and waste footprint.

"Garden City Shopping Centre is a proud member of the community," said John Ballantyne, Senior Vice President, Asset Management with RioCan. "This renovation will modernize the space and better serve the needs of our valued customers and tenants."

Over the holidays Garden City Shopping Centre has gift cards available in any denomination that can be used at more than 60 of its stores, restaurants, and businesses. The cards are available at the mall's administration office.

For more information on what's happening at Garden City Shopping centre go to shopgardencity.ca.

The perfect holiday gift card from Rave Massage

Finding the perfect holiday gift can be a challenge. You want to give something that is needed and will be appreciated but you don't want to spend all day fighting the traffic and holiday crowds to find it. And of course, the gift needs to be reasonably priced. Rave Massage helps solve this problem with their gift certificates, which are available in any denomination.

Rave Massage is a locally owned massage therapy clinic that's been a Winnipeg staple for three years. Rave introduced a unique concept into the Winnipeg market — membership massage. "The membership model of massage is very popular in the U.S. and Eastern Canada," explains owner Tracy Simmons, "so we figured it would work well in Winnipeg, too."

Rave Massage offers a special introductory rate of \$54.95 for a one hour massage. From there clients can book a return visit at the regular rate or if they like they can opt to sign up for a membership at a reduced rate by committing to one massage per month. "People love our membership option," says Tracy. "It helps them fit regular massage appointments

Located directly across the street from St. Vital Shopping Centre, near Original Joe's and Wendy's. Unit G 1220 St. Mary's Road R2M 3V6. Call 204-416-RAVE (7283) for more information.

into their busy schedule and saves them over \$360 per year."

"We have more than 20 registered massage therapists on staff making us one of the largest clinics in Winnipeg," adds Tracy. "All of our therapists' bios are listed online so people can choose the therapist that suits them the best. As well, we have hundreds of appointments available seven days per week, so booking an appointment that fits your schedule is never a problem. We also offer online booking."

Rave Massage gift certificates can be purchased in person or online.

To learn more please visit ravemassage.com or call 204-416-RAVE.



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The quintessential crossover



REVIEW

CR-V brings all the necessary ingredients



Dan Ilika
AutoGuide.com

As far as crossovers go, it doesn't get much more quintessential than the Honda CR-V.

It hit the market all the way back in 1997, long before the term "crossover" was even in vogue, and has quietly dominated ever since.

With a new version hitting the market for 2017, it now comes powered by a turbocharged engine in what could be the CR-V's biggest change since Honda scrapped the tailgate-mounted spare tire.

The vast majority of new CR-Vs set to hit dealers will be powered by a turbocharged 1.5-litre. Borrowed from the Civic, the four-cylinder receives a few minor tweaks before serving under the hood of Honda's popular CUV, including a revised turbine and a slightly lower compression ratio.

The benefits of turbocharging a crossover like the CR-V aren't necessarily going to show up on paper, or even at the pumps. Both available engines make a similar amount of power while fuel economy improves only marginally with the 1.5-litre under the hood. Instead, it's how the pair of four-cylinders deliver power, and when they deliver it, that is markedly different.

The only transmission offered

in the CR-V is of the continuously variable automatic nature. Fundamentally the same as the CVT offered in the Civic, it does well at tricking both driver and passenger into believing it's a traditionally geared automatic thanks to its simulated shift points and almost impenetrable noise insulation that keeps its whining from creeping into the cabin.

Setting out on an indirect trek from Monterey, Calif., to San Francisco in a Touring model with all-wheel drive, it was on the highway that the new CR-V showcased its improved drive the most, and not just for its impressive adaptive cruise control.

While a little rigid and truck-like, the fourth-generation CR-V offers a tremendously smooth ride aided by its new suspension that features struts up front and a multi-link setup around back, and fluid-filled bushings at all four corners. Combined with improved cabin quietness, the only complaint on the highway is rooted in a lane departure warning system that can be somewhat erratic, recognizing patched cracks in the asphalt as lane markings and sending a pulse through the steering wheel.

Off the highway, the CR-V's car-like steering system proved a worthy companion. Weighted a little heavily, or at least heavier than the last CR-V, the setup is very nimble and easy.

This new fourth-generation model brings all the necessary ingredients — turbocharged engine, spacious interior and attractive design — that are sure to keep the CR-V among the segment leaders for years to come.

THE CHECKLIST | 2017 HONDA CR-V

THE BASICS

Engine: 2.4L four-cylinder; 1.5L turbo four-cylinder
Power: 184 hp, 180 lb-ft; 190 hp, 179 lb-ft
Transmission: Continuously-variable auto
Fuel Economy (L/100 km): 9.4 city, 7.6 hwy; 8.7 city, 7.1 hwy (4WD)
Price: Starts at \$26,500 (est.)



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MLB

Red Sox bolster rotation with Sale

No surprise that Chris Sale got traded. The real shocker? That the Boston Red Sox swooped in to snag him. The reloading Red Sox pulled off the biggest deal yet at the winter meetings, acquiring the dominant ace from the Chicago White Sox on Tuesday for a hefty package of four prospects.

Sale joins an already talented rotation with the AL East champions, now pitching alongside 2016 AL Cy Young Award winner Rick Porcello and former winner David Price. He leaves behind a shredded reputation in Chicago, suspended by the team last summer after he flew into a rage and cut up retro uniforms that club was supposed to wear.

The 27-year-old Sale has been an all-star in each of the last five seasons, but has never played in



Chris Sale was 17-10 with a 3.34 ERA and 233 strikeouts this year. GETTY IMAGES

the playoffs. To get him, Boston traded high-priced third baseman Yoan Moncada, considered by many the top young talent in baseball, along with pitchers Michael Kopech and Victor Diaz, and outfielder Luis Basabe. Also on Tuesday, Boston acquired right-handed reliever Tyler Thornburg from the Milwaukee Brewers.

THE ASSOCIATED PRESS

IN BRIEF

Former Heisman winner's body found in a park

Heisman Trophy winner Rashaan Salaam was found dead Monday night in a Boulder park less than two miles from Folsom Field, where he carved his name into the University of Colorado record books as one of the greatest players in the program's history.

The Boulder County coroner's office was still investigating the cause of the death of the 42-year-old, who won the Heisman in 1994. THE ASSOCIATED PRESS



60 in 29 minutes is not too bad.

Klay Thompson thought he could have scored 80 with more time but settled for 60 in the Warriors' blowout win over Indiana Monday night.

NHL

Jets blow two-goal lead as Wings fly by

NHL

Winnipeg left to rue mistakes as Zetterberg nets winner

Henrik Zetterberg scored the deciding goal in the shootout with a backhand as the Detroit Red Wings came back from a two-goal deficit to beat the Winnipeg Jets 4-3 Tuesday.

Thomas Vanek also scored against Jets goalie Connor Hellebuyck in the shootout and Patrik Laine had Winnipeg's marker against Petr Mrazek.

Tomas Tatar, Anthony Mantha and Vanek scored in regulation for Detroit (13-11-3), which has at least one point in seven of its last eight games (5-1-2).

The Jets got goals from Andrew Copp, Dustin Byfuglien and Laine, whose 17th of the season tied him for the NHL lead with Pittsburgh's Sidney Crosby.

Byfuglien and Laine each added an assist for Winnipeg (13-13-3), which is 4-1-1 in its past six games. Hellebuyck made 27 saves, while Mrazek stopped 31 shots. Winnipeg had a 3-1 lead late in the first period, but Vanek eventually tied it up with 2:08 left in the second on a re-direction.

Winnipeg was leading 28-16 in shots on goal after two periods, but didn't get its first in the scoreless third until more than



Detroit Red Wings' Tomas Tatar, left, scores on Jets goaltender Connor Hellebuyck in the first period in Winnipeg, Tuesday. THE CANADIAN PRESS/TREVOR HAGAN

TUESDAY In Winnipeg

4	3
REDWINGS	JETS

12 minutes had passed. That's similar to the slow start the Red Wings had to start the game.

Detroit didn't have a shot on goal when Copp tipped in teammate Ben Chiarot's point shot to open the game's scoring at 6:41 of the first period with Winni-

peg's seventh shot.

But the Wings' second shot on goal 24 seconds later was Tatar's marker off a rebound to tie it 1-1.

Zetterberg assisted on the goal, extending his point streak to five games with three goals and three assists. Byfuglien made it 2-1 at 11:22 and then a Zetterberg turnover in the Wings' end led to Laine's goal 1:44 later.

The long blast appeared to glance off a Detroit stick and then defenceman Mike Green on the way past Mrazek at 13:06.

Laine has four goals and a pair

of assists in his past six games. Winnipeg outshot the Wings 16-7 in the opening period. A turnover by Jets defenceman Toby Enstrom in his own end led to Mantha's goal at 10:59 of the second period to make it 3-2.

Vanek tied it at 17:52 with a re-direction of Xavier Ouellet's shot.

The Jets have been outscored 39-19 in the second period this season. Winnipeg hosts the New York Rangers on Thursday, while Detroit returns home to face Columbus on Friday.

THE CANADIAN PRESS



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MAKE IT TONIGHT

Savoury Salmon Cakes



PHOTO: MAYA VISNVEI

Ceri Marsh & Laura Keogh
For Metro Canada

In the run up to the holidays, it feels good to add some lighter dinners to your roster (we all know what's coming!). These lean yet satisfying salmon cakes fit the bill perfectly.

Ready in 1 hour 10 minutes

Prep time: 50 minutes
Cook time: 20 minutes
Serving: 6

Ingredients

- 2 large Yukon Gold potatoes, peeled and chopped
- 2 tbsp vegetable oil
- 1 leek, washed well, sliced in half and thinly sliced
- 2 5 oz tins salmon, drained
- 2 tbsp fresh dill, chopped fine
- 1/4 cup mayonnaise

Directions

1. Simmer potatoes until tender in boiling water. Drain and mash. It will make about 2 cups of mashed potatoes. Allow them to cool slightly.

2. Gently combine salmon, potatoes, leeks and dill. Blend in mayonnaise and a pinch of salt and pepper.

3. Form into about 12 patties - about 2 1/2 inches across and maybe 1/2 inch thick and place on a plate. Cover and refrigerate for at least an hour.

4. Heat some vegetable oil until hot but not smoking. Fry the cakes - don't over crowd the pan, you'll have a hard time flipping them - for about five minutes a side.

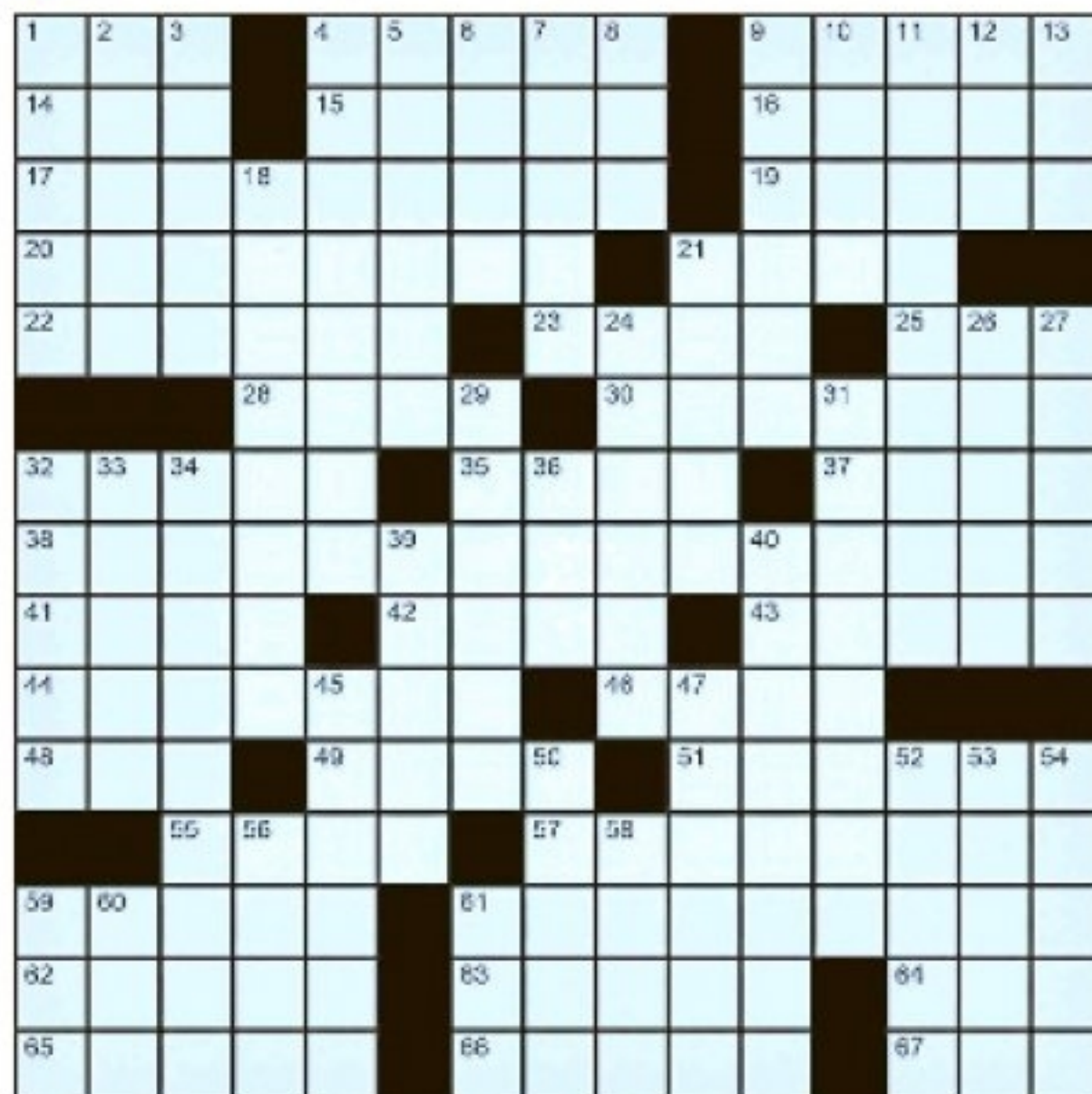
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CROSSWORD Canada Across and Down

BY KELLY ANN BUCHANAN

ACROSS

1. Famous British mysteries writer (b.1890 - d.1976) ...her initials=sharers
4. Fern 'seed'
9. The _ Land (T.S. Eliot poem)
14. _Jongg
15. Reserved, as a restaurant table
16. Be of service
17. Teaching
19. Yearned
20. One of the chosen
21. " _ Me Kate" (1953)
22. Position
23. Hold off
25. Ship signal
28. Pet fish's home
30. Three-pronged spear
32. Make it on Billboard
35. 1949-created intl. alliance
37. Famed designer of Art Deco
38. CRTC = Canadian _ _ and Telecommunications Commission
41. Antiquities
42. Richard Burton war movie, "The Desert _" (1953)
43. Drums partners in marching bands
44. Cafe in Joni Mitchell's "Carey"
46. Plucked guitar string sound
48. Lid's protectee
49. Piquancy
51. Becomes keyed up
55. Gulf War missile
57. Isn't digni-



fied, is this
59. Dancer in Madonna's "Vogue"
61. Finishes up a client's hair at the salon: 2 wds.
62. Bless with oil, quaintly
63. Take _ _ at (Attempt)

64. Purchaser's li'l slip
65. Survives
66. The Congo's former name
67. Scottish songstress Ms. Tunstall, et al.

DOWN

1. Makes _ _ (Is

untidy)
2. Future soldier
3. Legendary NFL coach Don
4. Quick-and-clipped, as in music
5. "Eight Is Enough" star, Dick Van _
6. " _ from Muskogee" by Merle Haggard

7. Freshen
8. High School subj.
9. Elk
10. Notice: French as a typeface
12. Catch up, in sports
13. Long ago
18. Moderatism

21. Russian ballet company
24. Certify
26. The way ballerinas dance: 2 wds.
27. British WWII sub-machine guns
29. Works the bread dough
31. Member of the Order of Canada... Simon Chang's occupation
32. Dare Maple Leaf _ Cookies
33. "The Sixth Sense" (1999) star, _ Joel Osment
34. Mailing destinations
36. Carol of fashion covers
39. Sampled
40. Just in case a situation calls for it: 3 wds.
45. Blue tones
47. Pacifism shmacism ...put up your dukes! 2 wds.
50. _ Oklahoma
52. Inscere smile
53. President- _ Donald J. Trump
54. Methods, for short
56. Human of Hibernia
58. Posh way to exclaim "That wasn't my fault!": 2 wds.
59. Chum
60. "Diva _ Dime"
61. Australian director Mr. Luhrmann

★ IT'S ALL IN THE STARS Your daily horoscope by Francis Drake

Aries March 21 - April 20
Don't worry if you feel uncertain or indecisive about things today. That's just the way things are. In fact, a lot of people feel this way today.

Taurus April 21 - May 21
You might be confused by a friend today. Or this confusion could relate to your dealings with a group, club or association. Obviously, don't volunteer for anything.

Gemini May 22 - June 21
Dealings with parents, bosses and VIPs are uncertain today. If you're not sure what's happening, do nothing. Don't volunteer; don't agree to anything important.

Cancer June 22 - July 23
This is a good day to break free from your usual routine. You will appreciate the arts and crafts of other cultures today, however, avoid major purchases. Just shop with your eyes.

Leo July 24 - Aug. 23
This is a poor day to make important financial decisions, especially regarding inheritances and shared property. Wait until tomorrow to do this.

Virgo Aug. 24 - Sept. 23
Be co-operative with others today, because the Moon is opposite your sign. However, postpone important discussions until tomorrow. Just coast today and keep things light.

Libra Sept. 24 - Oct. 23
Your work routine will be interrupted with silly mistakes and delays today. It's hard to really get going and become productive. Don't be tough on yourself, because everyone feels this way today.

Scorpio Oct. 24 - Nov. 22
This is a wonderful, creative day for you! If you work in the arts or the entertainment world, you will be productive. Enjoy social activities and playful times with children.

Sagittarius Nov. 23 - Dec. 21
Today you might want to hide at home and keep a low profile. During family discussions, do not agree to anything important. Sleep on it.

Capricorn Dec. 22 - Jan. 20
Short trips and conversations with everyone will please you today. This is a good day to fill your databank, but postpone making important discussions until tomorrow.

Aquarius Jan. 21 - Feb. 19
Guard your finances today. Do not shop for anything other than gas or food. This is a loosey-goosey day that is poor for making financial decisions.

Pisces Feb. 20 - March 20
Today the Moon is in your sign, which makes you more emotional. However, you also feel a bit aimless and without direction. This feeling will be gone by tomorrow.

CONCEPTIS SUDOKU by Dave Green

Every row, column and box contains 1-9



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